



News Release

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Life-Saving Injury Prevention Tips on New UDOH Web Site

(Salt Lake City, UT) – You can find information about the best ways to keep your family safe, the type of car seat your children be riding in, how to avoid getting hurt in your own home and more on the Utah Department of Health's (UDOH) new Violence and Injury Prevention Program (VIPP) web site.

Injuries, both intentional and unintentional, are the leading cause of death for all Utahns ages 1-44. UDOH data show that in 2002, 700 Utahns, or two people every day, died from injuries sustained in motor vehicle crashes, falls, fires, drownings and other incidents. Another 336 committed suicide, and 53 Utahns were victims of homicide. Tragically, most of those deaths could have been prevented. Numerous studies have shown that the vast majority of injuries aren't accidents, but are predictable and preventable.

The new and improved web site offers injury prevention tips for all ages – from the use of car seats and bike helmets for children, to suggestions for fall-proofing homes for the elderly. For example, did you know that wearing a bike helmet reduces your risk of head injury and death by 85 percent? And that one of the best things you can do to prevent injuries as you get older is to exercise?

Web site topics include:

- Motor vehicle safety
- Bicycle and pedestrian safety
- Childhood injuries (Utah SAFE KIDS Coalition)

- MORE -

- Child fatality review
- School injuries
- Traumatic brain injury
- Aging safely
- Suicide
- Domestic violence
- Rape and sexual assault

The site also features the latest statistics on violence and injury in Utah, as well as links to prominent local and national agencies that address these issues.

VIPP staff members research how and why Utahns die, and develop educational programs and materials to give residents the information and skills to avoid injury.

For more information, please visit our site at www.health.utah.gov/vipp, or call VIPP at 801-538-6864. You may also get safety information from your local health department at www.health.utah.gov/lhd/.

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.